



# Pantry Partner

C/O North Dakota Community Action Association

## North Dakota Community Action Association Sportsman Against Hunger Project

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In 2004, the North Dakota Community Action Association (NDCAA) initiated a public education campaign to encourage local community sporting groups to develop a venison donation program. This campaign was initiated due to the statewide problem of hunger. Hunger has been shown as a problem in the state from the needs assessments of low-income clients of statewide Community Action Agencies.

### Inside this issue:

- Halloween fun
- Getting your garden ready for Fall
- Research findings
- Grants and resources
- Feature recipe



This program was very successful last year! We had four communities (Minot, Devils Lake, Fargo and Bismarck) start chapters throughout their regions. Through these efforts a total of seven thousand and eighty five pounds of venison was distributed to emergency food outlets throughout the state.

We encourage other communities to begin a *Sportsmen Against Hunger Chapter* in their community. These chapters develop partnerships with emergency food providers, a USDA approved meat processor, and local hunters.

The Chapter encourages hunters to donate venison to be processed and distributed to needy families and individuals in the community. Processed venison *is acceptable* for distribution by emergency food outlets. The meat must be processed and packaged at a USDA approved facility. Chapters can negotiate a reduced processing fee with the meat processor. Processing fees can either be donated by the hunter (tax-deductible) or raised via a community fundraiser. The North Dakota Community Action Association also has matching grants available to communities that have not previously received start up monies.\*\* In addition, the North Dakota Community Action Association has posters, brochures, a database of emergency food providers capable of accepting venison donations, and Hunger Free Community Resource Guides containing a variety of helpful information.

If you are interested in starting a Chapter, accessing matching grant dollars, or informational materials please contact: Ann Pollert at 701-232-2452 or 1-800-726-7960.

\*\*This program was made possible with a *Community Food & Nutrition Grant* from the ND Dept of Commerce Division of Community Services.

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Don't Forget . . .

Daylight Savings Time ends Sunday, October 30th. Be sure to set your clocks back one hour. This is also a great time to change the batteries in your smoke and carbon monoxide detectors.




## Prepare Your Garden for Fall

Fall can be an active time in your garden. It is a great time to plant pansies, flowering cabbage and kale, and other hardy plants. These plants generally can withstand temperatures well below freezing. Replace any withering annuals with chrysanthemums, which thrive in fall weather. These can be planted directly into the ground or in containers.

If you expect a sudden frost, you can cover your outside plants with a rug, sheet, or other cotton material. Do not use plastic. As the weather turns even colder, bring clay pots inside. Otherwise, they may freeze and crack. Wash them out and sterilize them with a rinse of diluted bleach. Let dry completely before stacking or storing.

Plants such as bougainvillea, hibiscus, and geraniums can be left in their pots during the winter. Simply cut them back to a size and shape that fits your home and move them inside when the weather turns cold. In the spring, gradually introduce them back to the great outdoors by placing them outside for several hours each day until the danger of frost is over.






## Halloween Crafts for Kids


### Dryer Duct Pumpkins

Cut four inch dryer vent vinyl duct tubing into 24 inch sections. Gather the vinyl ducting into a circle to form the pumpkin and hold securely with your hands. Poke two sets of holes through the joined ends, one set on top and one set near the bottom. Use twist or zip ties through the holes to secure the pumpkin closed. With orange high gloss spray paint, lightly coat the entire pumpkin. Let dry completely. To add a stem and vine to your pumpkin, stuff green raffia through the center, working from the top.




### Trash Bag Ghost

To the front of a sheer white round lid (like that from a non-dairy whipped topping container), glue three black construction paper circles to form the eyes and mouth of your ghost. Shred white plastic trash bags into two inch strips, leaving at least a one inch area intact next to the seam. Glue two white pipe cleaners into the seam area of your shredded bag. Turn the lid over on a flat surface and bend and insert the pipe cleaners into the ridge around the lid. Tape to secure into place. Your ghost can be hung by punching a hole in the top of the lid and using yarn to hang.



### Finger Print Spider

Dip a length of string into some black paint. Randomly splat the string on a large sheet of paper, overlapping each paint stroke to form a web design. When the paint is dry, dip your thumb in paint and make a fingerprint on the paper (somewhere on the web). Once dry, you can use makers to draw spider legs coming from your fingerprint.



## Grants and Resources

### Gallons for Grades™

At Tesoro, our dedication to our local communities includes a strong commitment to education.

That's why Tesoro launched Gallons for Grades™, our highly successful community rewards program that encourages academic excellence among high school and college students. The program provides a practical incentive for doing well in school by rewarding students with Tesoro fuelCards that are good for free gasoline at participating Tesoro stations. The program first began in Alaska in 1997 and has since expanded to Hawaii, Utah, North Dakota, Idaho and Minnesota. Since the program's inception, Tesoro has awarded more than 220,000 gallons for academic excellence. In 2004, Tesoro awarded \$45,000 in free gasoline and processed approximately 5,000 student report cards during the school year. Plans are underway to extend the program into other regions in the near future.

Students earn \$2 for each A and \$1 for each B which can be redeemed for gas at participating Tesoro locations. To qualify, students with a valid drivers license in the participating state can drop by any participating Tesoro station and fill out a verification form or complete a form online. Just print and mail with a copy of your report card to the address on the verification form. Verification forms and a copy of the student's report card must be postmarked within six weeks from the date the report card is issued. A Parent signature and Student signature are both required on the verification form. Tesoro will then process and verify each entry. Qualified entries will receive a fuelCard which will be mailed to students within six weeks. Questions about the Gallons for Grades™ program should be directed to the Tesoro Customer Care Call Center at 1-877-7TESORO.

\*Gallons for Grades™ is offered in the locations where Tesoro has retail stations in Alaska, Hawaii, Utah, North Dakota, Minnesota and Idaho.

<http://www.tsocorp.com/stellent/groups/public/documents/published/>

tsi\_bus\_t2g\_t5gal4grades.hcsp

### Kraft Cares: Focusing Our Giving to Make a Difference

Kraft Cares is our global philanthropy program. We recognize that we have a responsibility to help make a difference in the important issues facing the communities where we live and work. We believe the most effective way for us to do that is to focus our giving efforts on specific areas, each with a distinct purpose. Through Kraft Cares, we are deeply involved in: Fighting hunger and Advancing healthy lifestyles.

We also provide limited regional grants in the following areas: Supporting environmental sustainability programs outside the US and Canada.

Building on our commitment to develop the children in our plant and corporate headquarters communities through civic and arts education support and the Kraft Great Kids program.

Responding to disaster relief efforts throughout the world.

In addition, we provide opportunities for Kraft employees to support their communities and issues they care about through: Involvement programs, an employee Matching Gift Program, and Annual grants to the Kraft employee funds.

We make grants to tax-exempt, nonprofit organizations as defined under Section 501(c)(3) of the US Internal Revenue Code or international equivalents. We do not make grants to individuals or to a variety of types of organizations and causes. In addition, from time to time we also make charitable donations through our business units and field locations. [http://www.kraft.com/responsibility/cc\\_kraft\\_cares.aspx](http://www.kraft.com/responsibility/cc_kraft_cares.aspx)

### CHARLES STEWART MOTT FOUNDATION Pathways out of Poverty Program

Under the Pathways Out of Poverty program the Foundation is interested in programs that address community organizing, education, and economic opportunities as critical to moving low-income Americans toward greater prosperity. The Foundation prefers a letter of inquiry addressed "Grant Proposal." There are no application forms or deadlines. Visit CHARLES STEWART MOTT FOUNDATION, [info@mott.org](mailto:info@mott.org), <http://www.mott.org/programs/programs.asp>

*"Do not kiss your children so they will kiss you back but so they will kiss their children, and their children's children." -- Noah benShea*

## Interesting Research Findings...

### Home Prices Grow 10 Times Faster than Wages

In the 18 months that ended March 31, 2005, home prices grow about 10 times faster than average wages of the nation's workers, according to a new study by the Center for Housing Policy in Washington, DC. The median U.S. house price climbed 20 percent to \$225,000, while wages for 65 occupations remained almost the same. To qualify for an average-priced home, one needs an income of \$71,354 per year and a minimum 10 percent down payment. That disqualifies most police officers, nurses, teachers and retail salespeople unless their households have second incomes. "People have to go farther and farther out to find an affordable place. It's called 'Drive 'til you qualify'," commented Barbara Lipman of the Center for Housing Policy. <http://www.jsonline.com/bym/news/aug05/347320.asp>



## Information Request

For any additional information or to submit a news bit for the next newsletter, please complete this form and return it the address listed below.

Please send me additional information on:

- |  |  |
|--|--|
| <input type="checkbox"/> Community Action      | <input type="checkbox"/> Food Gleaning               |
| <input type="checkbox"/> Food Dialog Workshop  | <input type="checkbox"/> Grant Opportunities         |
| <input type="checkbox"/> Other: please specify | <input type="checkbox"/> Food Needs Assessment Study |

- ☐ I would like to contribute a story, or news bit for the next newsletter. Please contact me.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone \_\_\_\_\_

Comments:

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3233 South University Drive  
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### Breakfast Skipping by Teens Has Reached 30 Per- cent

("Breakfast Habits, Nutritional Status, Body Weight, and Academic Performance in Children and Adolescents," review by the Journal of the American Dietetic Association, May 2005)

This is an analysis of forty-seven studies focused on breakfast consumption by children and adolescents. Skipping this important meal is highly widespread in the United States. In 1991, eight percent were breakfast skippers in the age group of one to seven years olds; 12 percent in the age group of eight to ten; 20 percent among children 11-14; and 30 percent of teenagers 15-18. Breakfast consumption had dropped in all age groups since 1965. Not eating breakfast is more common among girls, children from lower socioeconomic backgrounds, older children, and some minority groups. Research data indicate that breakfast skipping is associated with lifestyle factors (smoking, infrequent exercise, dieting, and concerns about body weight) and might be detrimental to health. Evidence suggests that children who regularly eat breakfast may improve cognitive functions related to memory, test grades, and school attendance.

[http://www.adajournal.org/scripts/om.dll/serve?action=get-me-dia&id=as0002822305001513&trueID=pdf\\_s0002822305001513&location=jjada051055&type=pdf&name=x.pdf](http://www.adajournal.org/scripts/om.dll/serve?action=get-me-dia&id=as0002822305001513&trueID=pdf_s0002822305001513&location=jjada051055&type=pdf&name=x.pdf)

### Food and Nutrition Service Updated Food Stamp Income Eligibility Guidelines

(FY 2006 Income Eligibility Standards, usda.com, August 2005)

USDA's Food and Nutrition Service has adjusted Food Stamp Program maximum allotments, deductions, and income eligibility standards for FY 2006. USDA makes the cost of living adjustments (COLA) at the beginning of each federal fiscal year based on changes in the cost of living.

The new income standards took effect on October 1. Income eligibility standards are set by law. Gross monthly income limits are set at 130 percent of the poverty level for the household size. Net monthly income limits are set at 100 percent of poverty.

[http://www.fns.usda.gov/fsp/government/FY06\\_Income\\_Standards.htm](http://www.fns.usda.gov/fsp/government/FY06_Income_Standards.htm)





## Feature Recipe

### Easy Supper Casserole

- 2 lb. lean ground beef or venison
- 1 onion, chopped
- 1 c. dry macaroni
- 2 c. tomato juice
- 1 (15.5-oz.) can chili beans
- 1 tsp. oregano, crushed
- 2 tsp. chili powder
- 2 tsp. salt
- ¼ tsp. pepper
- 1 c. grated cheddar cheese



#### Directions:

1. Brown ground beef or venison in a large frying pan or electric skillet; drain fat.
2. Add chopped onion to ground beef; cook until onion is clear.
3. Turn heat down; add macaroni, beans, juice and spices, stirring to combine.
4. Cover pan and simmer mixture for 20 minutes. (If you uncover the pan more than twice to check and stir, add additional tomato juice). Remove pan from heat, stir and sprinkle grated cheese on top of mixture. Cover and let stand until cheese melts.

Makes 6 servings Per serving: 269 calories, 31g carbohydrate, 8g fat, 4.5g fiber and 763mg sodium



### Vision Project Offers Free Eye Exams

Vision USA-ND Project will offer FREE eye exams and, if necessary, eyeglasses to uninsured ND workers and their families.

Applicants must live in a household with one working member, have income below an established level based on household size and have no eye care insurance or public assistance. Applicants also cannot have recent eye exams.

Local Lions Clubs, the Dakota Medical Foundation, Vision Services Inc and optical labs are providing funds and discounts to cover the cost of lenses.

Participating optometrists provide the eye exams through Vision USA.


Applications are available from county social services, schools, Lions Clubs and optometrists, or by writing to Vision USA-ND project, 921 S 9 St, Suite 120, Bismarck ND 58504.

For more application information visit [www.ndeyecare.info](http://www.ndeyecare.info) or call Nancy Kopp at 701-258-6766.

#### How to Cook with Venison



- Venison can be substituted for beef in most recipes.
  - Venison works great in stews and casseroles. You can also marinate and grill it for a summertime barbecue.
  - Thaw meats in the refrigerator or in the microwave for immediate use.
  - Use the same amount of meat the recipe calls for and add 1-2 tablespoons of cooking oil when browning the venison. Venison has less fat than beef and can dry out or stick together when it is cooking.
- Add spices or marinades to the meat if desired. This can help reduce some of the gamey flavor.
- Cook game meats to an internal temperature of at least 165 F.



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WE'RE ON THE WEB!  
[WWW.NDCAA.ORG](http://WWW.NDCAA.ORG)

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This newsletter was made possible with a *Community Food & Nutrition Grant* from the *ND Dept of Commerce Division of Community Services*.